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Wanted: Skilled newcomers

Immigration. Ontario seeks more power to pick trained migrants to counter expected shortage of 364,00 skilled workers by 2025

Ontario wants more control of immigrant selection to wrestle with newcomers' poor job prospects and the province's unmet labour needs.

In unveiling the new strategy on Monday, Immigration Minister Charles Sousa said Ontario must attract a better-skilled workforce by raising the ratio of economic migrants and expanding the federally imposed quota of "provincial nominees" — immigrants the province has a role in choosing — five-fold, to 5,000 a year by 2014.

"This is a bold new direction for immigration in Ontario. It sets a path so we can attract highly skilled immigrants and investors that we need to fuel economic growth and help build stronger communities," said Sousa, who will discuss the plan with

federal Immigration Minister Jason Kenney in mid-November.

The province has seen its share of immigrants drop by one-third, from 148,640 in 2001 to 99,000 in 2011. In other provinces, seven out of 10 immigrants belong to the "economic" class — skilled workers and investors. But "economic" immigrants account for

only 52 per cent of newcomers to Ontario.

Sousa said Ottawa is partly responsible because of the restrictions it has placed on the federal skilled-worker program, the main source of the province's newcomers.

Calling the action plan "critical" to Ontario's future, Allan O'Dette, president and CEO of the Ontario Chamber of Commerce, said he hoped it would reverse the province's immigration decline and help address its skills gaps.

TORSTAR NEWS SERVICE



Charles Sousa
CONTRIBUTED



VEXED IN THE CITY

With signs, a megaphone and physical presence, protesters attempt to prove a point to Mayor Joe Fontana on Monday evening outside city hall. About a dozen people, most of whom have ties to the Occupy London movement, called for the mayor's resignation. RCMP are investigating Fontana over allegations he used public funds to pay for his son's wedding when he was a member of parliament in 2005. For more London council news, see page 3.

JOHN MATISZ/METRO

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Up heads & beds levy: Committee

Province on board.
But no more money
for cities yet

AMANDA
GRANT
london@metronews.ca

A city council committee has thrown its support behind raising the heads and beds levy.

The finance and administrative services committee voted Monday to bring a motion to council that would ask the province to pay nearly double the current rate.

Under a municipal-provincial agreement, the province pays a levy of \$75 for each student or hospital bed at institutions like Western University and the London Health Sciences Centre.

The committee wants to nearly double the fee to \$146, meaning an additional \$3.5 million for the city each year, according to a report.

"This is an incredible slope we are trying to climb with the province," Mayor Joe Fontana said during the meeting. "The mayor of Kingston has taken the lead along with municipalities across Ontario, to say, look — \$75 doesn't cut it anymore."

One city official says the Ontario government is on board with paying more to the municipalities, but the dollars just aren't there.

"The province agrees we have a good case," said Grant



The finance and administrative services committee met Monday to discuss raising the heads and beds levy, a tax that pays for municipal services provided to students, hospital patients and prisoners. AMANDA GRANT/FOR METRO

Hopcroft, the city's director of intergovernmental and community liaison. "They haven't argued with us on any ground, other than that we are in a tight economic time right now."

"So while they are supportive, it is not one of their primary advocacy goals."

This is an issue municipalities across Ontario have been bringing to Queen's Park since 2008. Despite popular support amongst city councils, the province doesn't seem willing

to budge. Still, London is planning to join the fray lobbying for an increase that reflects the changing costs and inflation since the levy was set in 1987.

"We need to be a squeaky wheel if we are going to get any attention on this issue," said Fontana.

London collected \$3.7 million from the levy this year, with about 93 per cent associated with Western, the university's affiliated colleges and Fanshawe.

Also on the agenda

- The finance and administrative services committee voted Monday to extend Urban Animal Management Inc.'s contract by one year.
- The extension will allow city officials time to evaluate competing proposals for future animal services contracts.
- An additional extension of two six-month terms was rejected.
- The group provides the city's animal shelters and services.

Time for mayor to explain himself: Swan

The week after voting against hearing debate on a motion that would've asked Joe Fontana to temporarily step down as mayor, Coun. Joe Swan admits he's starting to lose patience with the situation.

"I need a better response than what I've gotten from him so far," Swan told AM980 on Monday. "I think the public is rightly concerned. There are lots of questions that are unanswered, and they deserve to have an answer."

"I'm just like the public in that I need a better explanation



Joe Swan METRO FILE

than I've had so far. These are very, very serious allegations."

If those questions are not answered by some time next week, Swan hinted he's prepared to change his approach.

"Other members of council in the past who were experiencing personal difficulty — or legal difficulty — there are voluntary steps they can take to re-

lieve the pressure on the council. If that does not proceed well, you move into the more murky area about the power of council to issue sanctions, or insist that certain actions take place."

Last Tuesday, Swan was one of eight members of council (including Fontana, Harold Usher, Stephen Orser, Bud Polhill, Dale Henderson, Paul Van Meerbergen, and Denise Brown) who voted against even allowing debate on a motion that would've asked the mayor to temporarily step aside. AM980/AM980.CA

Debate motion

- The debate motion was introduced by Coun. Nancy Branscombe, who said Fontana should temporarily remove himself as mayor while the RCMP investigates allegations he used \$20,000 in public money to pay for his son's wedding reception in 2005 while he was federal labour and housing minister.
- The motion could be reintroduced at the next council meeting Nov. 20, although it's considered largely symbolic, as the Municipal Act doesn't allow council to remove a sitting mayor from office.

Internet luring

Two men charged with cyber-crimes

Justin Moses, 29, has been charged with telecommunications with a minor for a criminal purpose and the making of child pornography. Nicholas Smith, 26, has been charged with telecommunication and agreement to commit criminal offences with a minor. The two men were arrested last week.

METRO

Vehicle theft on the rise

Police reminder: Take your car keys with you

Over the past few months, London police have been investigating an increasing number of vehicle thefts where the keys have been left in the ignition or loose in the vehicle.

As part of Crime Prevention Week, police are reminding people to remove their keys — including spare



keys — from vehicles when unattended and to lock their vehicles at all times. METRO

Beacock Branch

Movie, discussion at local library

Home, a film by Yann Arthus-Bertrand, will be the feature at Movie, Popcorn & Conversation on Nov. 20 from 6:30 to 8:30 p.m. at Beacock Branch Library (1280 Huron St.). Home explores the landscapes of 54 countries. This event is free and open to people age 12 and over. Popcorn and refreshments provided. METRO

First human study

HIV/AIDS vaccine trial results coming Tuesday

Western University and Sumagen Canada will release preliminary results Tuesday for the first-ever human-applied clinical study of the world's only preventative HIV vaccine. The vaccine, based on a genetically-modified killed whole virus, was initiated in March. METRO

1 NEWS

Black Friday. London's Masonville among many malls to stay open late

Some of Ontario's biggest malls — including Masonville Place — are going to be open even longer than usual on Black Friday in hopes of keeping Canadian shoppers close to home rather than crossing the U.S. border in search of bargains.

Mall operator Cadillac Fairview Corp. said Monday that it will extend the hours at nine of its properties on Nov. 23, which will be one of the busiest shopping days of the year in the United States.

The day, dubbed Black Friday, takes its name from the assumption that it marks the day when retailers turn a profit for the year or go "into the black."

Retailers in Canada — where Thanksgiving is in early October — have been increasingly under competitive pressure from Black Friday's deep discounts promoted in the United States.

This year's shopping season could prove particularly competitive for Canadian businesses after the federal government relaxed cross-border shopping rules in June.

Cross-border shoppers who stay overnight in the United States are now allowed to bring

In Ontario

- **Across the province.** Other Ontario malls participating in the longer hours are Fairview Mall, Sherway Gardens and Shops at Don Mills in Toronto. Also, Fairview Park in Kitchener, Lime Ridge in Hamilton, Markville in Markham, and The Promenade in Thornhill.

- **In Toronto.** Most locations will open at 7 a.m., while the Toronto Eaton Centre will be open even longer, starting at 6 a.m.

back up to \$200 worth of merchandise duty-free, rather than just \$50 before the new rules were put in place.

For people on a jaunt of between two and seven days, the limit has doubled to \$800 from \$400 while the limit for visits of more than a week increases to \$800 from \$750.

Travel for less than 24 hours still has no personal exemptions.

THE CANADIAN PRESS



Turning tree trunks into works of art

Mike Winia, 36, carves a tree trunk Monday on Hamilton Road across the street from Ealing Public School. This is the first of four carvings Winia will be completing in London as part of Tourism London's tree trunk tour, which features carvings throughout the city. The Hamilton Road Business Association has sponsored the carving of trunks in its area and partnered with local schools to create themes and ideas for the carvings. Winia's piece, The Eagle's Nest, inspired by Ealing school students, will take a little more than a week to complete. AMANDA GRANT/FOR METRO

Liberal leadership race

Wynne launches leadership bid

Veteran Liberal cabinet minister Kathleen Wynne says she wants to be Ontario's next premier.

Wynne, who resigned from cabinet on Friday, made the announcement Monday during a news conference in her Toronto riding of Don Valley West.

She would make history if she won the leadership race, becoming Ontario's first female and openly gay premier.

THE CANADIAN PRESS

Breast health

St. Joseph's to launch fundraiser

St. Joseph's Health Care Foundation is kicking off a new fundraising event Wednesday from 5:30 p.m. to 7 p.m. with a party at Jim Bob Ray's. Bust a Move for Breast Health is coming to London in April, and Wednesday's kickoff will include a special announcement of Bust a Move's international fitness celebrity. To register for the party, visit sjhc-foundation.org. METRO



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Investigation

Police looking for clues in robbery

London Police Service is looking for help from the public in a robbery investigation.

On Sunday at about 10:40 p.m., police were called to the Mac's convenience store at 100 Oakville Ave. about a robbery.

A man and woman took several items and fled. There were no injuries.

The man is described as

white in his mid-20s, about five-foot-nine with a thin build. He was wearing a black and white jacket.

The woman, also described as white in her mid-20s, is five-foot-five with a medium build and blonde hair. She was wearing blue jeans and a black windbreaker with a hood.

Anyone with information is asked to call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS, or visit londoncrimestoppers.com.

METRO



London police distributed this image of a robbery Sunday at the Mac's convenience store at 100 Oakville Ave. CONTRIBUTED

OHL Week 7: An embarrassment of Ritchie

London Knights.
Backup goalie Jake Patterson leads club to first shutout of 2012-13



JOHN MATISZ
john.matisz@metronews.ca

It took 17 games, but the London Knights managed to post their first shutout of the season by handing the Guelph Storm a 3-0 home loss on Sunday.

Backup goalie Jake Patterson's 31-save performance capped off a 2-1 weekend for the 10-5-2 Knights.

Around the Ontario Hockey League, namely in the Eastern Conference, there's some pretty special things going on.

Ritchie with offensive outburst

Members of the Dallas Stars brass are probably still licking their chops over Brett Ritchie, after the prospect recorded a total of nine goals in back-to-back games this past weekend.



Jake Patterson METRO FILE

The club's second round pick in 2011 exploded on Saturday, posting four goals and two assists in a 9-4 Niagara IceDogs win over Guelph. For an encore, he tallied five more versus Peterborough on Sunday.

Last season, 19-year-old Ritchie scored 24 goals while splitting time as a member of the Sarnia Sting and IceDogs. In 19 games in 2012-13, he's already hit mesh 14 times.

OHL workhorses unite

The two Ontario stops in the Canada-Russia Super Ser-

ies bookend the weekend, as Guelph hosts on Thursday before Sarnia does Monday.

Most Super Series participants have a three- or four-game week ahead of them.

Then there's Matt Puempel of the Kitchener Rangers, who will play five games in seven days. As well, Tyler Graovac of the Ottawa 67's and Stuart Percy of the Mississauga Steelheads will suit up six times in eight days.

Steelheads turning heads

In 10 games, the Mississauga Steelheads won all but one. The streak has helped Mississauga quietly climb the Central Division standings, where they now sit only two points out of first place with games in hand.

Draft eligible Spencer Martin has been phenomenal between the pipes, holding down a 1.90 goals-against average in 11 games. Overall, the low-scoring Steelheads are forcing teams to take notice. But especially so when they're on home ice, as they've collected 15 of a possible 18 points at the Hershey Centre.

New research facility gives London 20 new jobs

A German research company moved into a state-of-the-art 12,000-square-foot building in northeast London on Monday to become the first tenant of the city's new Advanced Manufacturing Park.

The AMP is now officially home to the Fraunhofer Project Centre, which will de-

velop composite materials for lightweight vehicles. It's a joint initiative between Fraunhofer, Western University, and the three levels of government that will create 20 full-time research jobs.

Along with the project centre, a 50,000-square-foot AMP headquarters was also unveiled. Upon completion, it

will house 10 to 20 small businesses and be a hub for all surrounding buildings.

In terms of public funding, FedDev, a Government of Canada agency aimed at aiding Ontario communities, has pitched in \$31.7 million, while the City of London contributed \$10 million.

JOHN MATISZ/METRO

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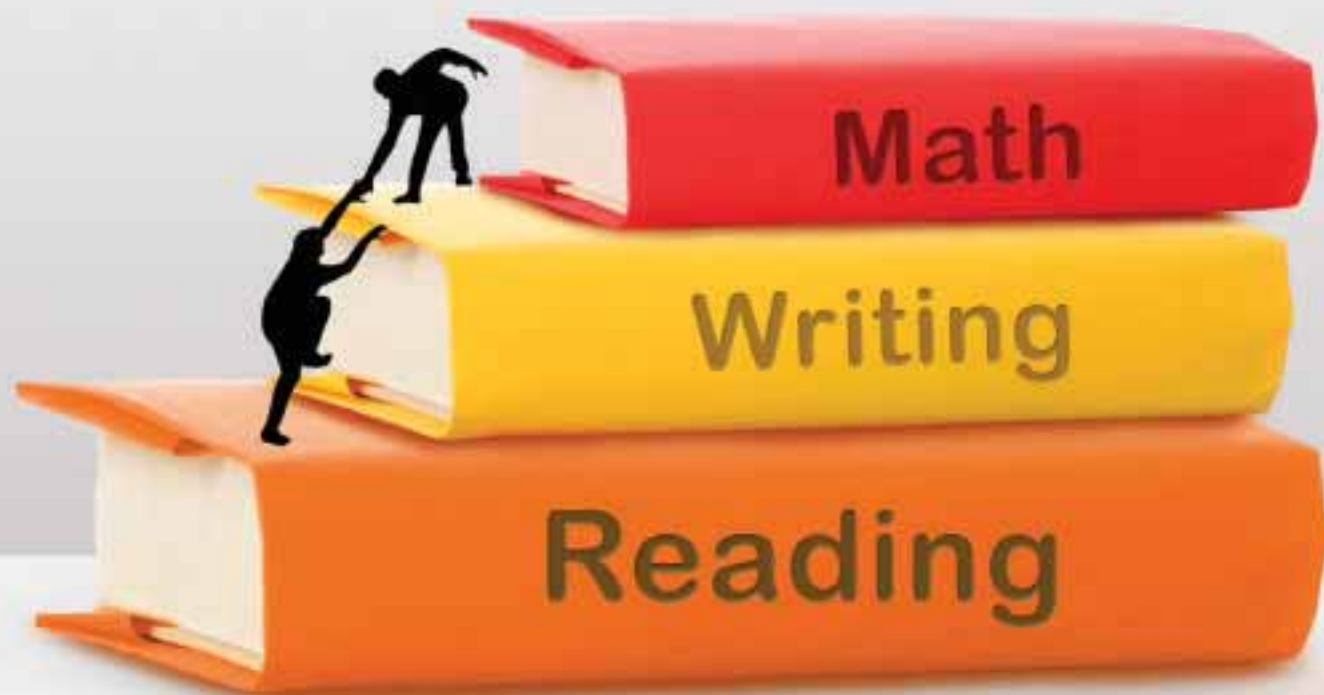
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Alleged mafioso's murder could reignite war

Montreal Mafia.

Shooting ends a quiet period following a series of mafia-related hits, mostly centred around members of the Rizzuto family

A man alleged to be an influential member of the criminal underworld, whose career

spanned nearly five decades, has been gunned down in what appears to be a new chapter in Montreal's ongoing Mafia war.

The killing of Joe Di Maulo is the first murder of a reputed Mafia boss since Vito Rizzuto, allegedly the most powerful Sicilian mobster in Canada, emerged from a long prison stint. Di Maulo was said to have once worked for a rival crime faction before joining with the Rizzutos in the 1970s.

He was killed outside his home late Sunday.

Di Maulo's body was found face down in the driveway of his home, which borders a golf course in a posh suburban area. Police said a 911 call came from a member of the family inside the home.

He was the brother-in-law of Reynald Desjardins, charged with first-degree murder in the slaying of the alleged Mob boss Salvatore Montagna. Currently awaiting

trial, Desjardins recently lost a bid to get out of testifying before Quebec's corruption inquiry.

Sources said Di Maulo suffered at least two gunshot wounds to the head but police would only say that an autopsy was needed to determine the cause of death.

"We're still at the beginning of the investigation," Sgt. Benoit Richard of Quebec provincial police said Monday.

THE CANADIAN PRESS



Police investigators examine the crime scene where alleged mob boss Joseph Di Maulo was murdered in front of his home Monday. RYAN REMIOWZ/THE CANADIAN PRESS

Stepping aside. Embattled Montreal mayor resigns amid corruption scandal

Montreal's mayor has resigned in the midst of a corruption scandal, becoming the highest-profile political casualty of the controversies currently rocking Quebec.

Gerald Tremblay said he had done nothing wrong, but was stepping aside for the greater good of a city that is now politically paralyzed. Large construction contracts have been frozen and even the municipal budget has had to be rewritten in recent days.

"I cannot help anymore, given the circumstances," Tremblay said in a solemn resignation announcement late Monday at city hall.

The 70-year-old mayor held onto office just long enough to delay an election to replace him — which would have been triggered had he resigned only a few days earlier.

Tremblay avoided the public eye last week and took two days off work. Because he left after Nov. 3, one year before the next scheduled election, provincial law says he can now be replaced with an interim mayor chosen by the city council that is controlled by his scandal-plagued party.

He insisted he was unaware of corruption in his administration and learned about it after the fact. THE CANADIAN PRESS

Holy roller

Gambling nun to appear in court

Authorities say a nun with a gambling addiction is accused of stealing \$128,000 from two rural parishes where she worked. The nun is a member of the Sisters of St. Francis, based north of Buffalo. THE ASSOCIATED PRESS

Submerged

SUV lands in swimming pool

An Ottawa motorist was being treated for mild hypothermia after his vehicle ended up in a swimming pool Monday morning. According to paramedics, a car crashed through a fence and landed in the shallow end of a swimming pool in about a metre of water.

METRO IN OTTAWA



An SUV that crashed and landed in a swimming pool. METRO

Not quite Sandy

New storm could worsen situation

A new storm is expected to hit the New York-New Jersey region still shivering and cleaning up after last week's Superstorm Sandy, bringing the threat of 89 km/h gusts and more beach erosion, flooding and rain by Wednesday. Temperatures dipped toward freezing early Monday, and tens of thousands of people without power along the ravaged Atlantic coastline faced the growing certainty that they would have to find somewhere else to stay. THE ASSOCIATED PRESS

U.S. election

Sask. Premier Wall weighs in

As Americans take to the polls today, Saskatchewan Premier Brad Wall says the next president of the United States must endorse free and fair trade between Canada and the U.S. Wall also noted the next president should also endorse the \$7 billion Keystone XL pipeline, which President Obama rejected in January of 2012. THE CANADIAN PRESS

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Sound and vision: Final pitches made to U.S. voters



Residents fill out early-voting forms in Freehold, N.J. In the wake of Superstorm Sandy, New Jersey Gov. Chris Christie organized extended hours for early voting, making it more accessible and convenient to vote for those residents affected by the storm, which hit last week. MICHAEL LOCCISANO/GETTY IMAGES

Key demographics. Obama needs the support of blacks and Hispanics to counter Romney's support among white men

President Barack Obama and Mitt Romney raced from one battleground state to another in the final day of campaigning before Election Day, trying to fire up core supporters with an emphasis on the high-stakes choice between two contrasting visions for the future of the U.S.

Nationwide polls show the two locked in one of the closest, and most expensive, presi-

dential races in recent U.S. history. The hard-fought contest has laid bare one of the most polarized American electorates in decades choosing between very different paths for the world's most powerful country. Uncertainty over the outcome weighed on investors worldwide.

The incumbent Democratic president and his Republican challenger highlighted their sharp disagreements on the role of government in fixing problems from a stubbornly high unemployment rate to a \$1 trillion-plus deficit. Amid a painfully slow recovery from the Great Recession, the economy is foremost on the minds of voters. The candidates' opposing views on other issues from gay marriage to abortion have added to the divisive atmosphere.

"This is not just a choice between two candidates or two parties. It is a choice between two visions," Obama told nearly 20,000 people in Wisconsin.

"Our choice ... is going to lead to very different outcomes," Romney said at a rally in Virginia.

Ohio was the only state both candidates were visiting Monday. And Romney's campaign announced in the afternoon that the Republican nominee would come back on Election Day for a rally in the Cleveland area.

THE ASSOCIATED PRESS

Northern Ontario

Hockey dad faces assault charge

A hockey dad has been charged with assault after a confrontation with a referee at a midget-level hockey game in Cochrane, Ont., last month. Provincial police say the official was "poked aggressively" and "subjected to blasphemous insults" by a man at the Oct. 18 game between Cochrane and Iroquois Falls. **THE CANADIAN PRESS**

Feds, province pitch in

Hay, you need some help?

Ontario and western Quebec farmers hit by a serious summer drought are getting government help to feed their livestock over the winter. The federal and provincial governments say they will split the cost of contributing to private efforts to ship hay from Alberta and Saskatchewan to the drought-affected areas. **THE CANADIAN PRESS**

Remembrance pay

New \$20 bill honours soldiers

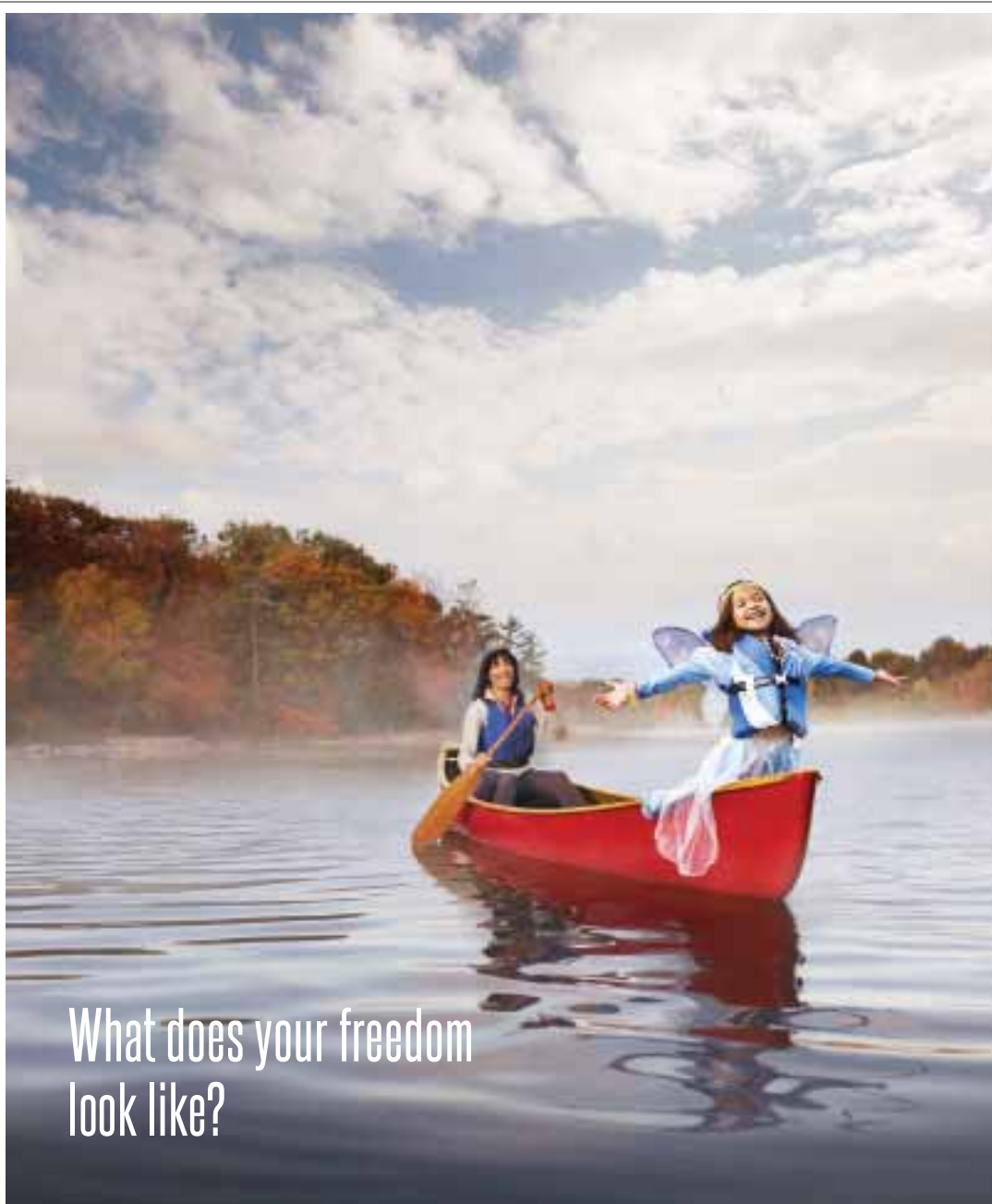
On Wednesday, the Bank of Canada will begin circulating a new \$20 bill made of polymer instead of paper.

The new bill pays tribute to the contributions and sacrifices of Canadian men and women in all military conflicts and is being released just before Remembrance Day. The note features a view of the Canadian National Vimy Memorial on its back.



The front and back of the new \$20 bill. HANDOUT/BANK OF CANADA

The bill will be formally introduced in a ceremony at the Canadian War Museum in Ottawa. **THE CANADIAN PRESS**



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Path to victory

A majority of polls in battleground states (Ohio, Iowa, Wisconsin) show Obama with a slight advantage.

- That gives him an easier path to the 270 electoral votes needed for victory.
- No Republican has won the White House without carrying Ohio — the industrial Midwestern state has picked the winner of the last 12 elections.

Skins sues cycling body for damage to reputation

Armstrong fallout.
Firm says it's suffered from investing in sport 'tarnished' by doping

Sportswear company Skins is suing cycling's governing body for \$2 million US, claiming its brand has been damaged by backing the sport as the Lance Armstrong doping scandal unravelled.

Skins, which was founded in Australia and is based in Switzerland, has sponsored cycling teams and riders for five years, and supplied race suits for the United States at the London Olympics.

While Skins has never sponsored Armstrong or the UCI, it wants compensation for the reputational damage it says it has suffered by investing in a sport "tarnished" by doping.

"Skins was under the illusion that professional cycling had been fundamentally reformed to contain doping and to minimize the risks of scandals with which the brand of any sponsor could be associated," lawyer Cedric Aguet wrote Friday in a letter to the UCI that was released Sunday. "It has now been proven that these legitimate expectations have been betrayed on the grounds you are aware of."

The UCI has agreed to strip Armstrong of his seven Tour de France titles and ban him for life, following a report from the U.S. Anti-Doping Agency that accused him of leading a massive doping program on his teams. UCI President Pat McQuaid has agreed to create a commission to examine allegations about the governing body's conduct raised by USADA.

THE ASSOCIATED PRESS



Mini millions: Consumers snap up new iPads

A staff member of Apple Inc. hands an iPad Mini to a customer in Hong Kong. Apple said Monday it sold three million iPads of all kinds in the first three days it sold the new Mini model. According to analyst Brian White at Topeka Capital Markets, the Mini model sold out at 60 per cent of U.S. Apple stores. The full-size iPad got an update on Friday as well, with a faster processor and a better front-facing camera. VINCENT YU/THE ASSOCIATED PRESS

Software. OpenText expands presence in India

OpenText, the Waterloo-based global supplier of software for managing electronic documents, is expanding operations in India. The company said Monday that expansion of its Hyderabad research and development centre and the opening of a new sales office in Mumbai is aimed at capitalizing on significant market opportunity in the emerging EIM market and at supporting its rapidly growing customer base in India.

More than 300 employees are currently based in OpenText's 67,000-square-foot Hyderabad office. The company is adding more space as it prepares to double the size of its workforce in India over the next few years.

OpenText provides software that enables companies of all sizes and industries to secure and manage their unstructured business information, either in their data centres or in the cloud. THE CANADIAN PRESS

Air travel

WestJet's load factor hits record

WestJet Airlines flights flew 81.2 per cent full in October — the fourth month in a row of record high load factors for the Calgary-based company. Traffic increased 5.9 per cent from last year while capacity grew 0.9 per cent. WestJet said it flew 113,000 more passengers in October than a year ago.

The results "easily outpaced the previous October load factor record of 78.1 per cent set in 2007," stated CEO Gregg Saretsky.

THE CANADIAN PRESS

Photo-sharing app

Instagram heads to the web

Instagram, the photo-sharing app created for mobile phones, is expanding to the web. The service, owned by Facebook Inc., said on its blog Monday that it will launch profiles on the web over the next few days.

Previously, user profiles existed only on Instagram's mobile applications accessed on the iPhone or Android devices. Now, users will have a site with a profile photo, bio and a selection of snapshots.

THE ASSOCIATED PRESS

Homegrown hemp industry plans how to hit new high

Canada's small hemp industry is growing like a weed, but still faces some hurdles because of its illegal and potent cousin, marijuana.

This week, farmers, scientists, health food experts, retailers and fashion designers are meeting in Edmonton to celebrate hemp and discuss how to help products derived from the plant to blossom on world markets.

Kim Shukla, executive director of the Canadian Hemp Trading Alliance, says production in this country

By the numbers

200

The 200 or so hemp growers across the country are all licensed by Health Canada and can only plant seeds that have been approved by the federal government.

is forecast to almost double by 2015. "That will translate to about \$100 million to the Canadian economy," she said from her farm near Steinbach, Man. "Saskatchewan is

by far the leading province, followed by Manitoba and Alberta."

Both hemp and marijuana stem from the Cannabis sativa plant family, but hemp contains virtually none of the elements of the THC compound found in marijuana that makes people high.

Hemp is made into everything from building supplies and paper to clothing and nutritious food products. Hemp oil is used to make cosmetics. THE CANADIAN PRESS

Market Minute

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12,352.78 (-27.63)

OIL
\$85.65 US (+\$0.79)

GOLD
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Natural gas: \$3.57 US (+2¢)
Dow Jones: 13,112.44 (+19.28)

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MIDDLE-CLASS VOYEURISM AND THE 'REDNEXPLOITATION' OF HONEY BOO BOO



SHE SAYS...
Jessica Napier
metronews.ca

In North America, our caste systems might not be as apparent as in other parts of the world, but we certainly don't live in a classless society. Defining yourself by your class

seems like a rather anachronistic thing to do, but sometimes I can't help but think about where I might fit in on the grand social hierarchy. Every time I step on a plane, I take a look at the business class executives enjoying champagne in their reclining cocoon seats and realize that I'm definitely a few rungs down the ladder.

Our underlying socioeconomic divisions are perhaps most evident in the world of reality television. Popular docu-lite programs such as *Here Comes Honey Boo Boo* and *My Big Fat Gypsy Wedding* establish definite class boundaries between the viewers and the characters.

Best categorized as laugh-and-point programming, these shows feature ensembles of rednecks and gypsies who are portrayed in a way that captures our fascination but also works to marginalize their way of life. And while these shows might be entertaining at times, they also frame

issues around poverty, bad nutrition, lack of education, violence and alcoholism — as punch lines rather than problems.

The worlds of child brides and pigs for pets are so far removed from our own that they provide us with a fixed point of reference from which to establish our own superiority. Viewers comfort themselves in the knowledge that we are in some ways "better" than the overweight hillbillies from America's Deep South or the trailer-dwelling Irish Travellers of the British countryside.

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity. Urban cable subscribers can slum it for an hour or so before going back to their regularly scheduled lives.

But you have to wonder if the individuals who appear on these shows are really being exploited or if they're simply taking advantage of an opportunity. Are *Honey Boo Boo*'s redneck clan and the Roma families of the U.K. cashing in on our fascination with the unknown and playing up their lifestyles for a profit?

Some argue that these reality stars enjoy the attention (even when it's negative) and are happy to use their per-episode-paycheques to better their lives. So where's the real harm in that?

While you could say it's a win-win-win situation for all — the viewers, the reality stars, and most definitely the television networks — we can't ignore the problematic aspects of these exploitative shows.

Frankly, all of the 'sketti' and hair spray is starting to leave a bad taste in my mouth.



Honey Boo Boo's family is being exploited while capitalizing on our thirst for trash TV. YOUTUBE SCREEN GRAB

Mud on your face, but no big disgrace



CHRIS JACKSON/GETTY IMAGES

Diamond Jubilee tour

Pacific nation's best greet royals

Asaro Mudmen, traditionally-dressed tribespeople with head wear made of clay, line up to greet the Prince of Wales and his wife Camilla, the Duchess of Cornwall, in Port Moresby, Papua New Guinea.

The British royals were visiting the Pacific nation as part of their tour to celebrate the Queen's Diamond Jubilee. **METRO**

History of ethnic dancers

Mudmen dance to story of ancestors

The Asaro Mudmen are a group of dancers from the village of Goroka in the rugged Eastern Highlands province of Papua New Guinea.

Their performances, first made in the 1970s, tell the story of ancestral tribesmen, who wore clay masks and bamboo sticks on their fingers to frighten their enemies. Today, the mystical dancers are a major tourist attraction. **METRO**

Speaking local tongue



"Mi bringim bikpela tok hamamas bilong mejesti

kwin Papua Niugini na olgeta haus lain bilong mi lon dispela taim bilong Diamon Jubili misis kwin. Mi tokpisin olrite?"

Prince Charles
Speaking in one of PNG's 800 languages, Tok Pisin, a type of Creole

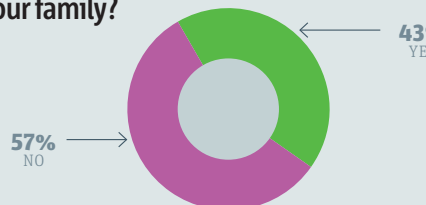
"I bring you greetings from Her Majesty the Queen of Papua New Guinea and from all my family members during this celebration of the Diamond Jubilee of the Queen. Was my Tok Pisin correct?"

Translation of what the Prince of Wales said to a crowd of 5,000 in Port Moresby, Papua New Guinea



Register at metropolitanpanel.ca and take the quick poll

Are you becoming more concerned about a major natural disaster affecting you and your family?



Twitter

@valoasis:

It's a gym day. I haven't decided if I'm going go heavier on the elliptical or mini Halloween chocolate bars. #whoevenknows

@joelcadams:

#WesternU's Fraunhofer Project Centre in #ldnont is a game-changer. Similar initiatives earned national headlines in Singapore, US, and UK.

@Robynowits:

Harder to change careers then I thought it would be :(#needjob-

soon #ldnont

@lexb30:

I will pay someone from #fanshawe to get me a lrg chai tea dbl dbl from Tim's #youdbethebest #plz&thanku

@SudioC:

If this zit under my eye gets any bigger, I'm going to have to paint a face on it and get my own TLC reality show.

The movies that deserve some love from the golden statuette

Academy Awards.

Metro's Hollywood correspondent Ned Ehrbar outlines his favourites for Oscar nominations



NED
EHRBAR

Metro World News in Hollywood

It's never too early to start thinking about the Oscars. September marks the beginning of the season in which most of the contenders are released and we've already seen some strong candidates for the win. Here are the films I think will top every Academy member's list this year.

Argo

At this point, Ben Affleck's true-life CIA rescue thriller is pretty much a lock for a best picture nomination — and the odds-on favourite to win. The subject matter is Hollywood-friendly, poking fun at the industry while also making it heroic, and its continued box office success means it's also a popular favourite.

The Master

A likely nominee but a long shot to win, P.T. Anderson's drama suffers less from any uproar over its Scientology subtext — turns out there was no outrage — than it does from it generally leaving audiences cold. It's still a work of art, but one that won't break through with more crowd-pleasing competition.

Life of Pi

Ang Lee's ambitious, 3D behemoth is a bit of a question mark, but it will probably earn a nomination for sheer artistry. Whether audiences connect with its shipwrecked hero and animal companions, though, is yet to be seen. It could just as easily find itself facing the same uphill battle as...

Cloud Atlas

A big, messy, ambitious film that's guaranteed not to win best picture but deserves at least to be nominated, Cloud Atlas — which has so far divided critics and left audiences cold — will likely pick up a good share of technical nominations but miss winning in any of the name-brand categories, a proud tradition carried on by Inception in 2011 and Hugo in 2012.



Ben Affleck's *Argo* has the Oscar recipe down right — a sprinkle of Hollywood self-deprecation and a dash of Hollywood celebration. HANDOUT



The Master is an Oscar long shot, but still a masterpiece. HANDOUT



Cloud Atlas deserves a nomination just for its ambition. HANDOUT

Les Misérables

If it's about crowd-pleasing, this may give *Argo* its stiffest competition. *Les Misérables* features a rousing, power-to-the-people story, an all-star cast led by Hugh Jackman, *The King's Speech* director Tom Hooper and famous, tear-jerking songs. Yes, we hear the people sing.

Lincoln

Directed by Steven Spielberg. Written by Tony Kushner. Starring Daniel Day-Lewis as Abraham Lincoln. It's almost as if Lincoln was built in an Oscar bait lab. Of course, that's how Spielberg's *War Horse* appeared last year until people actually saw it. The difference is that Lincoln is good, and Day-Lewis is a lock for a best actor nod.

The Impossible

Depending how audiences respond, this true-life survival tale could also be tough competition for *Argo*. It's equal parts harrowing and uplifting, with a standout performance by Naomi Watts and a chilling recreation of the 2004 tsunami. Already a runaway success in the director's native Spain, we'll see if North Americans flip for it as well.

Beasts of the Southern Wild

While this gorgeous indie film about New Orleans bayou dwellers battling a hurricane is expected to sweep the Film Independent Spirit Awards, it's a bit more of a long shot for an Oscar nod — but a deserving one. Maybe the devastation of Superstorm Sandy will boost its relevance.

Silver Linings Playbook

This one has also been earning raves at festivals for director David O. Russell (*The Fighter*) and actors Robert De Niro, Bradley Cooper (as a man with a mental condition) and Jennifer Lawrence (as the woman who helps him), who has a lot of best actress heat building around her.

Skyfall

A Bond film as a best picture nominee? If ever there was a chance, it's with this one. And after all, the best picture category was expanded specifically to make room for smartly made action films like this. It's a shame *The Dark Knight Rises* didn't live up to its predecessor, or it might be on the Academy Award nomination list instead.

On the other side...

Animated films vie for Oscar glory

Brave, *Wreck-It Ralph* and *Rise of the Guardians* are among the animated features angling for an Oscar nomination. The motion picture academy said Friday that 21 films have been submitted for consideration in the Academy Awards' animated feature category. Dr. Seuss' *The Lorax*, *Frankenweenie*, *Ice Age: Continental Drift* and *ParaNorman* are among the high-profile movies vying for one of five nominations.

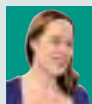
THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Britney Spears: The blond Jane Austen



**THE
WORD**
Dorothy Robinson
scene@metronews.ca

There's a trend in book publishing where a superstar gets paid buckets and buckets of cash to 'write' a book and people actually read it thinking it's the fruit of their favourite celebrity's labour (see: Snooki, Lauren Conrad, Bethenny Frankel and the Kardashians sisters). The latest to join their ranks? Britney Spears, who is reportedly in talks with It Books. That's according to The Hollywood Reporter, which writes, "Britney Spears is close to signing a book deal ... with plans to



write a novel.... The story would incorporate fictionalized versions of her own experiences."

Her own experiences and not, say, a supernatural teen romance? Actually, Spears' life — spawning with a back-up dancer from Fresno, Sam Lufti, shaving her head, being under the conservatorship of her father — is on the

level of Shakespeare (you know Lady MacBeth would be a former Mouseketeer if Macbeth were written nowadays).

Write from the heart, Britney! Don't let your underpaid ghostwriter tell you what's what!

But in all honesty, you know if Spears wrote from the heart, the whole book would typed in Wing Dings.

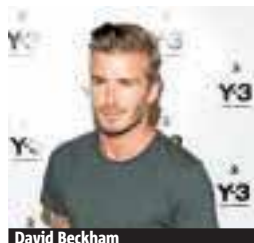
Osbourne has double mastectomy



Sharon Osbourne has revealed that she recently underwent a double mastectomy because of a genetic predisposition to develop breast cancer, she tells Hello! Magazine. "I've had cancer before, and I didn't want to live under that cloud. The odds are not in my favour," she explains. "I didn't even think of my breasts in a nostalgic way. I just wanted to be able to live my life without that fear all the time." Osbourne admits her son, Jack, becoming a father this year had a lot to do with the decision. "I want to be around for a long time and be a grandmother to Pearl," she says.

And we're back with the Beckham show!

David Beckham may be looking to add talk show host to his list of job titles, as two different TV companies have reportedly offered him his own show, according to the Daily Star. "We want David on board whether or not he continues to play for the [L.A.] Galaxy," a source close to one of the companies, Time Warner Cable, says. "We are on our way to becoming the world's biggest sportscaster, and he is a key part of our future." Time Warner



David Beckham

has reportedly offered him a "multimillion-dollar" contract, prompting the Fox Sports network to make an offer of their own.

Twitter



@rihanna

Man my album is complete, and I need a f---ing drink and a roll up! It was quite the journey, but it's all part of our story!



@JimCarrey

In the near future we'll only be able to communicate through devices. Actual human contact will be outlawed by the Apple iCourt.



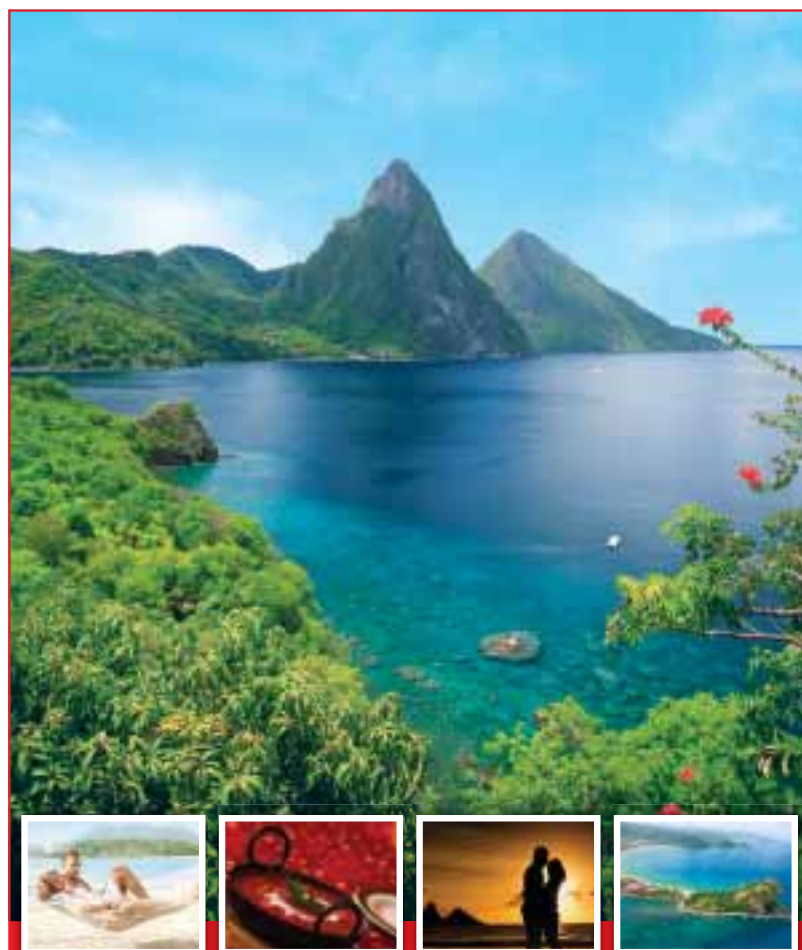
@lindsaylohan

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@kevin_nealon

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Jazzed-up rice pilaf makes side dish the main event



This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
roseresman.com

This wild-and-brown-rice pilaf with dried fruits and pecans is amazingly versatile. I serve it as a side salad at meals, put it on a buffet table or use it to stuff roasted chicken or turkey. Very little oil is needed because of the flavours in the salad.

1. Combine the wild and brown rice with the stock in a saucepan. Bring to a boil. Reduce the heat to a simmer, cover and cook for 35 to 40 minutes, or just until the rice is tender. Drain off the excess liquid. Place the rice in a large serving bowl and set aside to cool.

2. Stir the pecans, green onion, cranberries, apricots and cilantro into the cooled rice.

3. Whisk the olive oil, juice concentrate, lemon juice, soy sauce, vinegar, sesame oil

and garlic together in a small bowl. Pour the dressing over the salad and toss to coat.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped pecans, toasted
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped cilantro or parsley
- 1 tbsp olive oil
- 1 tbsp orange juice concentrate, thawed
- 1 tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic

Health solutions

Get squashed this winter



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Squash and zucchini are from the same family. Did you know that? We think of zucchini as a pulpy cousin of cucumber rather than the summer version of squash.

Winter squash varieties are the mature fruit (yes, fruit) of the same vine-grown side dish.

The key difference is the seed size and edibility, plus whether or not you eat the skin. Winter squash varieties range from butternut and acorn to Hubbard and pumpkin.

Visit a farmers' market and enjoy shapes and sizes that will dazzle your eyes and your tongue.

Cooking is simple. All varieties can be halved, scooped of seeds, roasted until soft and cut side down in a roasting

pan with a 1/4 inch of water. Flip the cut side up for the last 10 minutes and brush with butter or oil and a dash of cinnamon and garlic.

It couldn't be simpler to add to your diet. A single cup of the stuff includes approximately:

• 23 per cent of your fibre needs

• 214 per cent of your vitamin A needs

• 33 per cent of your vitamin C needs

• 14 per cent of your potassium needs

For a fun option, pick up a spaghetti squash and bake it whole for about an hour. Slice and scoop out the seeds and then pull threads with a fork from the skin and drizzle with extra virgin olive oil, fresh minced garlic and grated Parmesan cheese. Who needs all the carbs of pasta?

Theresa Albert is an author and on call, private nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



Give squash new life with peanut coating

The trouble with butternut squash is that we tend to be pretty unimaginative in how we prepare it. As such, the results often are fairly lacklustre. Most people just steam and mash it, giving it the appearance of mashed potatoes. Others go for roasting.

Here is a recipe that effortlessly delivers tons of flavour and a nice presentation without a ton of effort. To get those results, turn to a relatively new ingredient — powdered peanut butter. It appeared on the market several years ago, but only now is getting any attention.

It is exactly as it sounds — peanut butter that has had nearly all of the fat extracted. The resulting fine powder has



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

deep, rich peanut flavour, but can be used in ways conventional peanut butter cannot, such as in dry spice rubs.

Mixed with a handful of seasonings, the powdered peanut butter creates a rich flavouring that works well with the natural sweetness of the squash.

To find powdered peanut butter, check the natural foods aisle at the grocery store. If you strike out, get online. It's widely available from web retailers.

1. Heat oven to 350 F. Coat 2 rimmed baking sheets with cooking spray.

2. Cut peeled and seeded squash into bite-size pieces, then place in large bowl. Driz-

zle squash with olive oil, then toss to coat evenly. Set aside.

3. In bowl, mix powdered peanut butter, garlic powder, smoked paprika, chili powder, cumin, salt and pepper. While using silicone spatula to toss squash, sprinkle seasoning mix over it, continuing to toss until all of the squash is well coated.

4. Transfer the squash to the prepared baking sheets, using the spatula to scrape the oil and seasonings from the bowl. Arrange the squash in an even layer, then roast for 25 minutes. Use a spatula to flip the squash, then roast for another 20 minutes, or until lightly browned and tender. THE ASSOCIATED PRESS

Ingredients

- 5 lb butternut squash, peeled and seeded
- 1/4 cup olive oil
- 1/2 cup powdered peanut butter
- 1 tbsp garlic powder
- 2 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp kosher salt
- 1/2 tsp ground black pepper

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Is it rude?

Feeling at home with my friend's fridge

Dear Charles the Butler: When I go to my best friend's home, I never hesitate to go into their refrigerator and help myself to get something to drink. My husband says that this is absolutely not done and is rude and I must stop. I grew up in a big family where this was normal. What do you think?



CHARLES THE BUTLER
askcharliesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I'm sorry to say, but I am definitely on your husband's side on this one. A best friend who you see all of the time is one thing, but going into their refrigerator and just helping yourself is plain wrong. What if you eat something they are preparing for dinner later that night? What if you

eat something that is a leftover that they are saving for a midnight snack?

Even though my mother has never said no to me, and I haven't lived at home for the last 25 years, I still always ask if she minds if I can have something — food or beverage — from her refrigerator.

I want to make sure my mom isn't saving the food for anything.

For me, it's just a matter of politeness.



Being casual with a friend's fridge is not polite. iSTOCK

Does your facial hair define you?

When it comes to men's hair, Canadian women have opinions. According to a new survey by Match.com, 62 per cent of single Canadian women are most attracted to clean-shaven men. Sixteen per cent liked men with stubble and only eight per cent of women liked a man with a moustache.

Match.com found a significant difference between the dating styles of Canadian men depending on the facial hair they wear.

Do these celebrities fit their faces?



The moustache: The lover

- Moustached singles are more likely than any other men to pucker up before they say good night. Almost half will kiss on the first date.
- Tom-Selleck-inspired men are the most likely to believe age is just a number. Seventy-eight per cent would consider dating someone 10 years younger than them.



The goatee: The adventurer

- Of all men, gentlemen with goatees are most likely to have experienced a one-night stand — a whopping 75 per cent have pulled a one-nighter.
- Men with goatees spend more on a first date than any other; one third (33 per cent) will dish out more than \$80 on a first date.



The beard: The shy guy

- Bearded Canadian men are least likely to have asked someone out in the last year — only 16 per cent have popped the question.
- They're also least likely to have had sex in the past year. Thirty per cent of bearded men have gone without.



The five o'clock shadow: The romantic

- Eighty-five per cent of men with stubble are most likely to have experienced love at first sight.
- However, they're also most likely to think about sex on a daily basis. Fifty-three per cent think about sex several times a day.



The clean shaven: The gentleman

- Are old-fashioned. The majority of clean-shaven men, 65 per cent, believe sex on a first date is a no-no.
- Exactly half of smooth-faced Canadians believe it doesn't matter who initiated the date, the man should pay.



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Be careful if a financial advisor recommends merging RRSPs in order to save on administration fees. ISTOCK IMAGES

No such thing as a joint RRSP account

Alison on money.
Best not to bank on this advice



YOUR MONEY
Alison Griffiths
money@metronews.ca

I have just uncovered a dastardly plot. Here's how it unfolded.

A recently married couple in their late 30s happened to be doing some banking together.

The financial advisor at the branch where they both had accounts made a suggestion.

She recommended they merge their RRSPs in order to save on administration fees.

But there is no such thing as a joint RRSP account.

There are spousal accounts opened by the higher income earner. Deposits are made for the benefit of the person whose name is on the account and the contributor gets the tax deduction.

After a little digging, the light dawned. Turns out the wife has an RRSP at the branch level of the bank. As is the case with most such investment accounts, she is only able to invest in the bank's own mutual funds and GICs.

The husband has his RRSP at the brokerage arm of the bank and has access to virtually all investments, including exchange traded funds (ETFs), mutual funds, stocks and bonds.

The bank advisor wants him

to transfer his brokerage RRSP to the bank.

But the result for the husband would be moving from lots of choice to little choice.

And if he owns anything but the bank's own mutual funds, he'll have to sell them and reinvest in funds recommended by the advisor.

He might also end up paying deferred sales charges on mutual funds purchased in the last six years and/or trading fees. And he won't save a dime on administration fees.

All of this is very good for the advisor — increased client base, more fees and higher profits for the bank on products sold.

But it is very bad for the husband.

This couple is contemplat-

ing the advisor's suggestion because they want to simplify their finances. But they don't really understand the recommendation or the ramifications.

I understand they want some financial guidance, but investment advice at the branch level is really just sales.

The couple will receive boilerplate type recommendations and no independent analysis. Instead, I suggest they move her RRSP to the brokerage and spend the next little while educating themselves about investing while looking for an independent, preferably fee-for-service, advisor.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Gross national happiness

Is frugality a measure of happiness?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I attended the Banff Mountain Film and Book Festival last Thursday evening and had the privilege of hearing David Suzuki speak.

Suzuki shared the floor with Dashi Kinley Dorji, secretary of communication and information for the Himalayan country of Bhutan. The subject of their discussion was to understand Bhutan's movement away from economic measures like Gross Domestic Product (GDP), used to determine the productivity and success of a country, toward Gross National Happiness (GNP), how content and fulfilled the people of Bhutan truly are.

What became clear during Suzuki and Kinley's discussion was that in Western society we spend a significant amount of time producing, earning and buying more, but, generally speaking, striving for more money and fancier possessions doesn't make Westerners happy.

According to Kinley, happiness is found in being content, whatever a person's context is.

Suzuki elaborated by reflecting on lessons from his upbringing. For example: Live within ones' means, avoid wastefulness, find value in non-material aspects of life like maintaining one's culture and investing in relationships, consider the future for yourself and others and find contentment in what we have rather than over-consuming in the hopes of filling voids of happiness in our lives.

Their comments can be directly correlated to frugal living and commitment to environmental sustainability. Additionally, studies of North Americans have shown that



Adjust your lifestyle to avoid layering on unnecessary debt and stress. ISTOCK IMAGES

frugality is linked to lower levels of stress and anxiety, ultimately contributing to a happier life.

Want greater happiness for your life? Take Suzuki and Kinley's advice.

Right-size your lifestyle to your budget. If you're going broke just to keep up with the Jones's, stop. Adjust your lifestyle to avoid layering on unnecessary debt and stress. This might mean moving to a smaller home or driving a less expensive car. Living within your means involves sticking within a budget and spending less than you make.

Be resourceful. Find ways to conserve energy and reduce waste. For example, walk rather than drive or buy high quality used furniture that doesn't break. Find ways to stretch out the lifespan of products you use and when you're finished with them, recycle.

Focus your time and money on things that truly matter. Over-consumption won't make you happy, so focus your efforts on preserving your environment, investing in relationships, and building a secure financial future; all of which will allow you to create a fulfilling life.

Though happiness isn't measured nationally here in Canada, perhaps we should adopt it on a personal level. What does happiness mean to you?

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@LesleyScorgie



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NHLPA source says plenty of hurdles exist in negotiations

Lockout. Union still needs to see willingness from owners to pay contracts in full, says anonymous player

With optimism rising that a deal to save the NHL season could be within reach, a player on the NHLPA bargaining committee told Torstar News Service the sides were still quite far apart.

The player, who requested anonymity, said the league still

hasn't put anything on paper regarding what appears to be the make-or-break issue: That owners pay players their salaries in full.

"If the league wants to take responsibility (for player contracts) in this 'make whole' thing then we have something to talk about," the player told Torstar News Service.

"We'll see. We've seen a lot of b.s. in this process so far. If the owners do take responsibility, then there's movement. But the way this thing has gone so far, we (the players) wouldn't be surprised if they don't.

Quoted

"If this round is serious and if it's not successful, then you really are looking at some version of Armageddon ..."

Queen's University labour lecturer and former management-side negotiator George Smith on the importance of this week's NHL negotiations

"Right now there's nothing on paper. Hopefully (Tuesday) we see something on paper and we go from there."

As talks to save the NHL season reach a critical stage — the sides were set to meet Tuesday in New York — the fact bigwigs

have kept a low profile with no shots of rhetoric aimed across each other's bow had been seen as a sign of hope.

"I think that's the first positive sign that there's some movement towards trying to find a solution, that maybe

something could be done without costing the season," said Buzz Hargrove, former president of the CAW and ex-ombudsman of the NHLPA.

"I can see talks are more urgent," said George Smith, a labour lecturer at Queen's University and former management-side negotiator. "They've each fired off their cannons. Players are in Europe. The owners cancelled the Winter Classic."

"It's like: 'Wow, we've run out of ammunition. We better see if we can do this.'"

TORSTAR NEWS SERVICE



Nestor, Mirnyi win opening match at ATP finals

Toronto's Daniel Nestor, left, and Max Mirnyi of Belarus play a return during their doubles match against Robert Lindstedt of Sweden and Horia Tecau of Romania at the ATP World Tour Finals on Monday in London, England. The match lasted one hour 36 minutes, with the No. 2 seeds Nestor and Mirnyi saving a match point in the tiebreaking third set to win 4-6, 7-6 (1), 12-10. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

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CFL. Legendary coach Matthews battling cancer

Don Matthews, one of the CFL's most successful head coaches, says he has cancer in his lymph nodes.

Matthews released a statement Monday saying he will not be participating in any of the festivities surrounding the

100th anniversary of the Grey Cup as he prepares for his fight with the disease.

"I've got this and I'm dealing with this. But I want everyone to know I plan to fight like hell and I intend to be playing golf at this time next year," Matthews said in the statement released by the Toronto Argonauts.

"I wish everyone well as the 100th Grey Cup is celebrated and am sorry I will not be there with all of you as I focus, with my wife Stephanie, on my immediate battle off the field."

Matthews was a head coach for 22 seasons in the CFL between 1983 and 2008, compiling a 231-133-1 record with B.C., Toronto, Saskatchewan, Baltimore, Edmonton and Montreal. He has won five Grey Cup rings as a coach.

THE CANADIAN PRESS



Don Matthews talks to members of the media while with the Argos in October 2008. TORSTAR NEWS SERVICE FILE

NFL

Another 'procedure' for Bills' Anderson?

Buffalo Bills starting defensive end Mark Anderson could miss another three weeks after having a setback recovering from left knee surgery.

Coach Chan Gailey said Monday that team doctors haven't ruled out Anderson requiring what he called another "procedure." If that happens, Gailey said Anderson would miss about three weeks. THE ASSOCIATED PRESS



Bills defensive end Mark Anderson GETTY IMAGES FILE

NFL

Pagano's doctor says leukemia is in remission

Colts head coach Chuck Pagano is winning his battle with leukemia.

On Monday, Dr. Larry Cripe, Pagano's physician, told The Associated Press that the illness which has sidelined Indy's head coach for more than a month was in "complete remission." Cripe said a morning exam showed Pagano's white blood cell count and bone marrow tests were normal as he prepares to start a second round of chemotherapy.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

You are intensely curious about what's going on around you, and that's good. The more you try to understand why certain things are happening, the more likely it is you will be able to turn them into an advantage.

Taurus

April 21 - May 21

As Mercury turns retrograde in the wealth area of your chart today, you must strive to see solutions rather than problems. You may have to make some big changes but in the long term, they will be well worth it.

Gemini

May 22 - June 21

Try not to get caught up in a fight or feud that has nothing to do with you. You may not be the kind of person who stands back while other people get angry but on this occasion, it's by far the best course.

Cancer

June 22 - July 23

You need to look ahead and start making plans, but you must not act on those plans just yet. As Mercury, planet of the mind, turns retrograde today, it may be several weeks before the way ahead is clear.

Leo

July 24 - Aug. 23

You are not always as positive in your outlook as other people think you are and something is certainly bothering you now. Whatever it is, you can be sure it is of only minor importance. Put it out of your mind.

Virgo

Aug. 24 - Sept. 23

You may have to ask for assistance from a friend or family member today. The more you have kept your feelings to yourself in recent weeks, the less likely it is others will know anything is wrong. So tell them.

Libra

Sept. 24 - Oct. 23

As usual, you have lots to say. But as Mercury, planet of communication, begins one of its retrograde phases today, you would be wise to keep some of your more outrageous thoughts to yourself!

Scorpio

Oct. 24 - Nov. 22

This could be a rather confusing sort of day, so you will need to keep your number one goal in mind and in sight at all times. Keep your eyes and ears open, but also keep your head clear of distractions.

Sagittarius

Nov. 23 - Dec. 21

You need to come to grips with certain fears. You need to find ways to limit the hold they have over your life. To start, you need to accept they exist and that means accepting yourself as you are.

Capricorn

Dec. 22 - Jan. 20

Your mind will be wrestling with some pretty deep questions today and throughout the remainder of the week, but they must not be allowed to get in the way of everyday matters. You still have to put food on the table.

Aquarius

Jan. 21 - Feb. 19

Try to adopt a more light-hearted attitude. Try not to see the world and its problems as your responsibility. You can still find ways to do good but they must be ways that make you feel good as well.

Pisces

Feb. 20 - March 20

You need to be clear in your mind what the difference is between duty and pleasure. Can you find areas where you can do what is expected of you and have fun at the same time?

SALLY BROMPTON

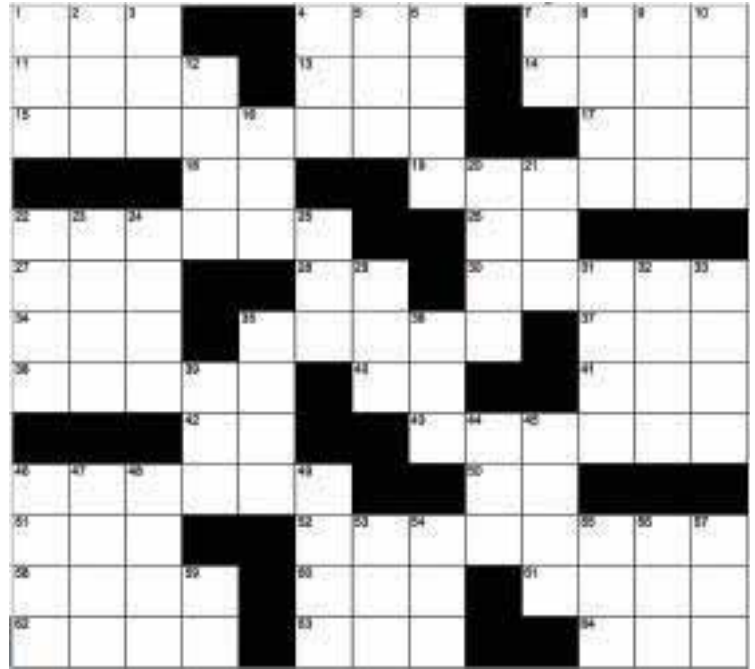
Canadian Crossword

Across

- The — in the Hat
- Swiss mountain
- Dull throb
- Computer geek
- Hawaiian garland
- One who accomplishes
- Actor or actress
- Participated in a marathon
- and fro
- Easel boards
- Corn and Maple
- Hospital waiting room (abbr.)
- Haw
- Deal — No Deal
- Railing post
- Guido's high note (2 words)
- Put into office
- Honest President
- Assign
- Courtroom figure
- Tennis and volleyball apparatus
- Ready — Not
- Things of value
- Theatre passageways
- Elsewhere
- Heir, often
- Family photos
- This weighs — (2 words)
- High card
- Femur or ulna
- Cat and dog feet
- Born
- Spelling competition

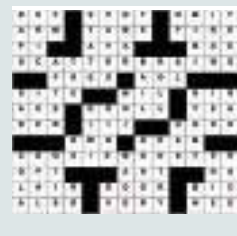
Down

- Use a knife
- Fireplace residue
- Golf gadget
- MacGraw of "Love Story"
- Flowery meadow
- and needles
- Commercial
- Summer veggie
- of the Class
- Sea eagles
- Letters between Q and V
- Coke and Pepsi
- Camping equipment
- You Afraid of the Dark?
- New York stadium
- Puppy noises
- Gather
- Sun God



- Autumn colour
- Fade
- Aid in a crime
- Make a Deal
- Fictional Jane
- Canadian Automobile Association (abbr.)
- Computer lingo
- Supersonic jet
- Ticket receipt
- PDQ
- Small tiny amount
- Sub-zero precipitation
- Reach
- Drink cooler
- Average grade
- Pilfer
- Compass bearing
- Eye
- Canadian province (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	8	4	1	7	3	5	9	6
5	3	1	6	8	9	7	2	4
6	9	7	4	2	5	3	8	1
3	2	8	9	6	1	4	7	5
7	6	5	3	4	8	2	1	9
1	4	9	7	5	2	8	6	3
8	5	3	2	1	4	9	5	7
9	1	2	5	3	7	6	4	8
4	7	5	6	9	8	1	3	2

8		4		5				
				9				4
	9			3		5		
5		7	2		9	4		
	6						2	
		2	5		3	1		9
		8		4			7	
	3				8			
				1		6		3

Today

5°/-2°

Partly cloudy

Wednesday

7°/1°

Partly cloudy

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